### FOR MORE INFORMATION

Washington State Department of Social and Health Services – Division of Alcohol and Substance Abuse

**Problem Gambling Program** 

360-725-3813 www1.dshs.wa.gov/dasa

Washington State Council on Problem Gambling

206-546-6133 www.wscpg.org

Second Chance www.secondchancewa.org

Teen Gambling Prevention Project www.timetofoldem.com

National Council on Problem Gambling www.ncpgambling.org

Gamblers Anonymous www.gamblersanonymous.org

Gam Anon www.gam-anon.org





Washington Horse Racing Commission



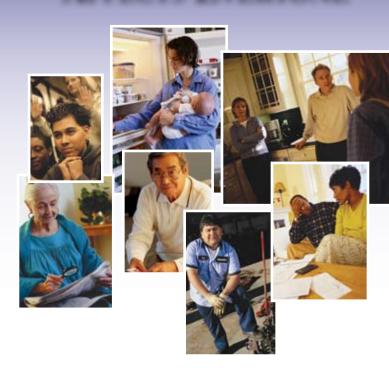






#### DSHS 22-1146 (6/06)

## PROBLEM GAMBLING AFFECTS EVERYONE



# "I DIDN'T THINK I COULD GET ADDICTED TO GAMBLING – I THOUGHT I WOULD RECOGNIZE THE SIGNS"

– a 38-year old Helpline caller

WASHINGTON STATE
PROBLEM GAMBLING HELPLINE

1-800-547-6133

## QUESTIONS TO ASK YOURSELF TO SEE IF YOU MIGHT NEED HELP:

- Am I spending more time and more money on gambling?
- Am I spending a lot of time thinking about gambling?
- Have I tried to cut back or stop, but can't?
- ☐ Am I irritable or restless when I can't gamble?
- Does gambling help me escape the troubles of life and make me feel better?
- Have I gone back another day to win back my losses?
- Have I lied to people I care about to hide my gambling?
- Have I taken money that wasn't mine, written bad checks because of my gambling, or broken other laws?
- Have I neglected my family or job because of gambling?
- Have I borrowed money from others to pay bills?

## HELP IS AVAILABLE.

If you answered "yes" to any of these questions, you can find the treatment program near you by calling:

1-800-547-6133

The call is free. It's confidential.

The time is now.

When gambling causes problems
with your health, your relationships,
your job and your life...
It's Time to make a call.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

For help. For answers. For you or someone you know, call us.

Washington State
Problem Gambling Helpline

1-800-547-6133

Calling this number could be your best bet ever.



"MY HUSBAND HAS GAMBLED AWAY ALL OF OUR RETIREMENT SAVINGS"

– a Helpline caller